


October

Menu – 2019

Octubre -Spanish

19 lunch days, 16 Pre-K lunch days

Monday- <i>lunes</i>	Tuesday- <i>martes</i>	Wednesday- <i>miércoles</i>	Thursday- <i>jueves</i>	Friday- <i>viernes</i>
	<p>1 Spaghetti and Meatballs Salad Milk Snack: Oranges and Cin. Yum-Yums</p>	<p>2 Broccoli Risotto Fresh Fruit Milk Snack: Cantaloupe and Yogurt</p>	<p>3 Chicken Fried Rice Oranges Milk Snack: Bananas/ PB</p>	<p>4 Pizza Cheese, Pepperoni, Bacon, Veggie Snack: Smoothies</p>
<p>7 Macaroni and Cheese Dinosaur trees, fruit Milk Snack: Carrot, Celery Sticks</p>	<p>8 Taco Tuesday! Fresh Fruit Milk Snack: Choc. Chip Muffins grapes</p>	<p>9 Grilled Cheese Carrot sticks Chips Snack: Cucumbers/ Ranch</p>	<p>10 No School!</p>	<p>11 No School!</p>
<p>14 Indigenous People Day No School</p>	<p>15 COW ISLAND Field Trip Pack Your Lunch</p>	<p>16 Grammie Toe's Famous Chop Suey Fresh Veggies Fresh Fruit Milk Snack: Banana Bread</p>	<p>17 Pancakes Bacon Fresh Fruit Milk Snack: Apples & PB</p>	<p>18 Pizza Cheese, Pepperoni, Bacon, Veggie Fruit, Milk Snack: Banana & PB</p>
<p>21 Chicken Tenders Curly fries, carrots Fresh Fruit Milk Snack:Smoothies</p>	<p>22 Quesadillas Fresh Fruit Milk Snack:Choc. chip muffins</p>	<p>23 Baked Chicken Mashed potatoes Carrots, Milk Snack: Pita and Hummus</p>	<p>24 Pumpkin Soup Corn Bread Fruit, Milk Snack: Bagels</p>	<p>25 Pizza Cheese, Pepperoni,Bacon, Veggie Salad, Fruit Snack: Carrots and dip</p>
<p>28 Burgers (cheese) Chips, Pickles Milk Snack: Cheese & Crackers and grapes</p>	<p>29 Pancakes Bacon, Fruit Milk Snack: Smoothies</p>	<p>30 Chicken Chilli cornbread Snack:Cheesy Yum-Yums Apples</p>	<p>31 HALLOWEEN!! Mummy Dogs fries and carrot sticks Snack: Hard Boiled Eggs</p>	<p><u>Interesting Fact:</u> Mercury goes into retrograde October 31st- November 20th</p>